

# Horncastle Pool & Fitness Suite

## Pool Programme

Term Time | 24<sup>th</sup> February - 4<sup>th</sup> April

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.30	£4.40	£4.00	£2.0	FREE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
General Swim	This is an open swimming pool session - suitable for all abilities.								6am
Lane Swim	Lane swimming in the pool will split the 4 lanes of the pool into laned swimings. There will be 2 slow lanes, 1 medium lane and 1 fast lane. Lane etiquette and visual directions are situated at the end of the lanes.	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)		7am
		Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)		Lane Swim (7.45am)	8am
Quiet Swim	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artificial lighting where possible. Our lifeguards will refrain from using whistles.					Over 50's Lane Swim (9am)	Swim Lessons	Otters Swim Club	9am
		School Swim	Over 50's Swim (9.30am)	General Swim (9.15am)	Aquacise (9.30am)				10am
			Aquacise (10.45am)	School Swim		General Swim (10.15am)			11am
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (12pm)	Ducklings Lessons	Aquacise (11.30am)	Aqua Circuits (11.30am)	Family Fun Splash (11am)	12pm
Family Fun Splash	Open pool swim, with floats in the swimming pool - suitable for all abilities.				Adult Lessons				
Swim Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.			General Swim (12.45pm)	General Swim (1pm)	Lane Swim (1pm)	General Swim (12.30pm)	General Swim (12.30pm)	1pm
Otters Swim Club	Otters Swimming Club pool booking	School Swim	Staff Training						2pm
WB Club	Private pool booking	Lane Swim (2.30pm)		Lane Swim (2.15pm)	Lane Swim (2.15pm)	Quiet Swim (2.15pm)			3pm
Aquacise	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.								4pm
Aqua Circuits	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
		Lane Swim (6pm)	General Swim (6.15pm)	Otters Swim Club	Lane Swim (6.45pm)		<div>Please note: Our Programme is subject to change at the discretion of our Duty Manager. Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!</div>		6pm
		Otters Swim Club			Lane Swim (7.45pm)	WB Club			7pm
			Lane Swim (7.30pm)						8pm
									9pm

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'!

# Horncastle Pool & Fitness Suite

## Exercise Class Programme

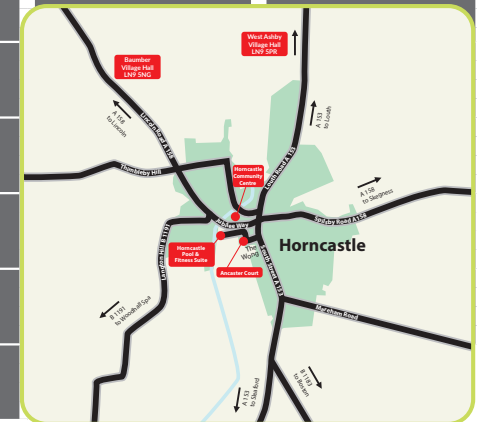
Term Time | 3<sup>rd</sup> - 16<sup>th</sup> March

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

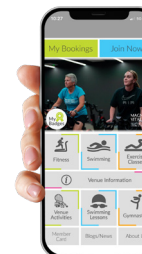
<b>AQUACISE</b>	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
<b>AQUA CIRCUITS</b>	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
<b>AGELESS &amp; AGILE</b>	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8am								8am
9am								9am
10am	Yoga** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am				10am
11am		Aquacise~ 10.45am			Ageless & Agile★ 10am-2pm			11am
12pm	Aquacise~ 11.45am		Aquacise~ 12pm		Aquacise~ 11.30am	Aqua Circuits~ 11.30am		12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm	Yoga* 6pm							6pm
7pm								7pm
8pm								8pm
9pm								9pm

- \* - This class takes place at West Ashby Village Hall
- \*\* - This class takes place at the Horncastle Community Centre
- ~ - This class takes place in the swimming pool
- ★ - This session takes place at Ancaster Court



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**MAGNA VITAE**  
TRUST FOR LEISURE & CULTURE

# Horncastle Pool & Fitness Suite

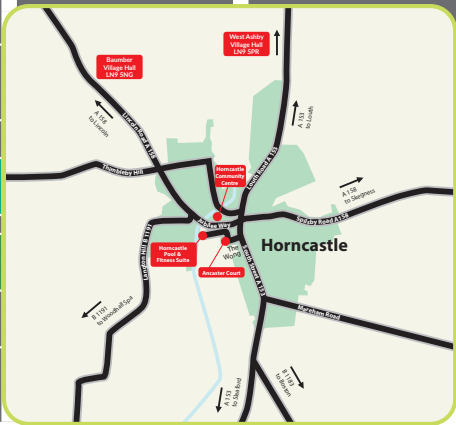
## Exercise Class Programme

Term Time | 17<sup>th</sup> - 31<sup>st</sup> March

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

<b>AQUACISE</b>	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
<b>AQUA CIRCUITS</b>	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
<b>BOXER-CISE</b>	Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
<b>CIRCUITS</b>	Circuit training is a combination of exercises, performed with short rest periods between them. This would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.
<b>AGELESS &amp; AGILE</b>	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org
<b>TINY, BUT MIGHTY</b>	It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claire's Yoga classes.

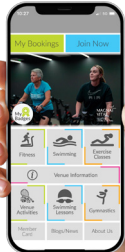
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am				Tiny, but Mighty** 8am			
9am							
10am	Yoga** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am			
11am		Aquacise~ 10.45am			Ageless & Agile* 10am-2pm		
12pm	Aquacise~ 11.45am		Aquacise~ 12pm		Aquacise~ 11.30am	Aqua Circuits~ 11.30am	
1pm							
2pm							
3pm							
4pm							
5pm							
6pm	Yoga* 6pm	Boxercise# 6pm			Circuits# 5:30pm		
7pm		Circuits# 7pm			Boxercise# 6:30pm		
8pm							
9pm							



- \* - This class takes place at West Ashby Village Hall
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# Horncastle Pool & Fitness Suite

## Exercise Class Programme

Term Time | 31<sup>st</sup> March - 6<sup>th</sup> April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

<b>AQUACISE</b>	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
<b>AQUA CIRCUITS</b>	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
<b>BOXER-CISE</b>	Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.
<b>CIRCUITS</b>	Circuit training is a combination of exercises, performed with short rest periods between them. This would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.
<b>BODY CONDITIONING</b>	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
<b>BOXING CIRCUITS</b>	Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!
<b>CORE &amp; STRETCH</b>	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
<b>AGELESS &amp; AGILE</b>	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org
<b>TINY, BUT MIGHTY</b>	It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claire's Yoga classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8am				<b>Tiny, but Mighty**</b> 8am				8am
9am								9am
10am	<b>Yoga**</b> 9.15am	<b>Body Conditioning#</b> 9.30am	<b>Yoga**</b> 9.15am	<b>Aquacise~</b> 9.30am				10am
11am		<b>Core &amp; Stretch#</b> 10.30am		<b>Core &amp; Stretch#</b> 10.30am				11am
12pm	<b>Aquacise~</b> 11.45am	<b>Aquacise~</b> 10.45am	<b>Aquacise~</b> 12pm		<b>Aquacise~</b> 11.30am	<b>Aqua Circuits~</b> 11.30am		12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm	<b>Yoga*</b> 6pm	<b>Boxercise#</b> 6pm			<b>Circuits#</b> 5:30pm			6pm
7pm		<b>Circuits#</b> 7pm			<b>Boxercise#</b> 6:30pm			7pm
8pm								8pm
9pm								9pm



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